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WHO'S GOT SPIRIT...

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Another data center proposed in La Porte

BY STAN MADDUX

The door has opened for another data center in La Porte, which already has a deal with Microsoft to build one elsewhere in the city.

The La Porte Board of Zoning Appeals on Jan. 13 unanimously approved a zoning variance for plans to construct a data center that would consist of five buildings at the Thomas Rose Industrial Park on the city's northeast side.

The variance allows the buildings to be up to 65 feet in height on the 110-acre site.

Currently, no structure on the site can exceed 45 feet or 60 feet in other spots without a variance under the property's current split industrial zoning.

Attorney Todd Leeth, who represents the developers, said the extra height was needed to allow for the proper movement of air needed to lower the temperatures of the air-cooled servers that would be inside the structures.

The request for the variance was from La Porte 1, LLC, a special purpose entity created by the two developers behind the proposal.

The names of the developers were not disclosed but Leeth described them as experienced and "sophisticated" in the creation data centers.

"This is not their first rodeo," he said.

Leeth said the buildings will have increased setbacks of 250 feet to 370 feet from other adjacent properties, a distance he felt would help make the extra height less noticeable.

"We don't think it's out of place in an industrial park with all of these setbacks," he said.

Leeth also pointed out a portion of another structure housing Keystone Automotive in the industrial park is 74 feet in height.

Since the proposed development is in the very early stages, Leeth said the number of people who would work there is not known but speculated each structure having anywhere from 15 to 40 employees.

A few nearby residents like William Pierce voiced concerns about their property values.

"There are too many unanswered questions," he said.

Jerry Schwartzman said he was worried about the impact a data center would have on wildlife and other natural beauty he enjoys from his property on Severs Road just 30 feet from the edge of the site.

Schwartzman said he purchased the property about five years ago and has made a number of improvements.

"I know there are people that look at this proposed development as progress. They see jobs and more tax revenue, but all of this comes at a great cost," he said.

Mayor Tom Dermody urged the zoning variance be approved, feeling a data center would be compatible with the look and use of companies in the industrial park.

"We're excited," he said.

Bert Cook, Executive Director of the La Porte Economic Advancement Partnership, said the zoning variance was just the first in a series of other hurdles that must be crossed before final approval can be given by the city to begin construction.

He said the final site plan involving matters like drainage must also be approved.

"There are a ton of details like the who, what, when, where that all have to be worked out if that project were to even move forward. Right now, they're in that phase of is this even a possibility. Would we even be able to build what we're considering there," he said.

Microsoft and the city struck a deal in 2024 for a data center to be constructed on what's now 500 acres of farmland in the area of U.S. 35 and Boyd Boulevard on the city's south side.

Cook said Microsoft is still going through the required approvals process on what's projected to be a $1 billion project.

He said construction could begin sometime late this year or in 2027.

It takes time away from work to think significantly. — *Dino N. Fatouros*

Local Government Meetings

New Buffalo Times

Democracy Requires Transparency

CITY OF NEW BUFFALO
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City Council meets on the 3rd Monday of each month at 6:30PM
CITY OF NEW BUFFALO PLANNING COMMISSION MEETINGS
Meets on the 1st Tuesday of each month at 5:30PM
NEW BUFFALO TOWNSHIP BOARD
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Board meets on the 3rd Monday of each month at 4PM
NEW BUFFALO TOWNSHIP PLANNING COMMISSION
Meets on the 1st Tuesday of each month at 6:30PM
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Sheriff, Chuck Heit
Undersheriff, Greg Sanders
NEW BUFFALO AREA RECREATIONAL AUTHORITY
Meets at 9AM on the 2nd Wednesday of every other month (odd) at New Buffalo Township Hall, 17425 Red Arrow Highway New Buffalo
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LISA WERNER, JOHN HASKINS, DENISE CHURCHILL, JENNIFER SUMMERS, VANESSA THUN, STEPHEN DONNELLY, GREG VOSBERG
The Board meets on the 2nd and 4th Mondays of each month at 6PM
CHIKAMING TOWNSHIP
CHIKAMING TOWNSHIP BOARD
DAVID BUNTE, PAULA DUDIAK, LIZ RETTIG, RICHARD SULLIVAN, ARTHUR ANDERSON
Chikaming Board meets on the 2nd Thursday of each month at 6:30PM
CHIKAMING TOWNSHIP PLANNING COMMISSION
Meets on the 1st Wednesday of each month at 6:30PM
THREE OAKS
THREE OAKS TOWNSHIP BOARD
Meets on the 2nd Monday of each month at 7PM
VILLAGE OF THREE OAKS BOARD
Meets on the 2nd Wednesday of each month at 7PM
GRAND BEACH
Meets on the 3rd Wednesday at 5PM EST
KIMBERLY WOLNIK, CLERK-TREASURER
HARRY WALDER, JACK GRACE, ED SEBASTIAN, PETER DOERR, EDWARD BRANDES
MICHIANA
VILLAGE OF MICHIANA COUNCIL
Meets on the 2nd Friday of each month at 1PM

Village Council updated on future water system upgrades

BY FRANCESCA SAGALA

Members of the Grand Beach Village Council were briefed on several water system upgrades that are slated to happen this year at their Wednesday, Jan. 21, meeting.

Streets and Water Commissioner Ed Sebastian read from a Michigan Department of Environment, Great Lakes and Energy (EGLE) report that was received after a sanitary survey, which is a five-year review of the system.

"We had one significant deficiency, which is essentially the requirement that we improve overall our management and oversight of the system," Sebastian said.

EGLE has assigned Great Lakes Community Action Partnership to the village, which has grant money to fund everything; however, it could take several months for the village to work with them "on developing improved processes for our management and maintenance of our water system."

A "reminders" section in the report relates to additional water testing, with Sebastian saying the village's water system has a relatively low residual chlorine level in its water. Testing has begun with this month's water, with the results looking "promising." In the recommendations section, it's requested the village investigates if it's losing a significant amount of water somewhere between when Michiana delivers it to the village when the village distributes it through its system, as well as if they are planning for the "relative demand for water" in the village.

Council members approved $137,900 for water system upgrades needed during the first half of this year, with Sebastian adding that most of the numbers that are laid out in the report are "estimates."

Sebastian said Pump Station Phase One will involve testing current pumps and doing maintenance on them and adding outlet pressure gauges to each of the pumps that EGLE has required. Water tower maintenance upgrade activities, some of which were identified by the village or through a recent inspection, will also occur.

Regarding EGLE allowing the village to use its emergency source of water and merge it with its current system, Sebastian said that "many conversations are needed with Village of Michiana and New Buffalo Township and EGLE. He said each of their respective systems have challenges that EGLE must address and the goal is "trying to create a solution that helps deal with each of our systems' challenges in a coordinated way." Sebastian said there's "a path forward" that would be within the village's control; however, it's not the most cost-efficient way to approach the matter.

Council member Ed Brandes said he'll forward information regarding a potential Verizon lease buyout to village attorney Sara Senica for further review.

Symphony Towers Infrastructure has offered the village $296,000 to take over the lease the village has with Verizon for their antenna on the village's water tower. Brandes said that, in 2014, Verizon came to the village and offered to pay them a stream of income, which amounts to about $15,000 a year through 2049, with 10 percent rent escalators every five years. He said this amounts to about $470,000 worth of payments if you "strung it all out." Brandes said Symphony is offering to give the village a lump sum of $300,000 in exchange for those.

Brandes, as well as councilmember Peter Doerr, said he's concerned with "tying the hands" of future councils. Looking at the current contract with Verizon and the proposed documentation with Symphony, he said the village would "clearly have to go get Verizon's permission" before signing off on anything, which is a "big contingency."

The awarding of a contract for the Golf Course Irrigation System to Thielan Turf Irrigation for $728,000 was approved. Walder said this is regarding the furnishing and installation of a complete, new, nine-hole golf course irrigation system for the Grand Beach Golf Course, with the contract including 10 extra sprinkler heads. The material will be ordered this fall, with work scheduled for next spring. Walder said the village may need to use some of its reserves to pay for the material this fall and reimburse itself once they get the money from the millage.

Council members discussed the ongoing issue of trash receptacles. At a previous meeting, Village Council President Harry Walder said that he keeps getting complaints about people seeing trash receptacles sitting by the road. Per the village ordinance, there's a charge of $5 per week for pulling trash or recycling bins back to the house when left at the road the day after regular trash pick-up days.

Doerr said that in his neighborhood, more owners leave out receptacles than renters.

Through his conversations, Walder said that he believes they should "eliminate the village being involved with moving cans." He said they should leave it as an option for residents to use services to do it for them,

Emotion, which is suffering, ceases to be suffering as soon as we form a clear and precise picture of it. — *Baruch Spinoza*

adding that Can Monkey has a $29 a month can-to-curb fee and Republic charges $25 a month.

The matter will be mentioned in the village's newsletter, so residents can give their input to council members on it.

Council members approved Walder forwarding a proposed resolution from the village attorney regarding a conflict between the zoning ordinance and short-term rental ordinance to the Planning Commission. Planners can review and discuss it and hold a public hearing on it, coming back to the council with a recommendation.

The village's various fines and fees and corrections to some of them were reviewed, with council members voting on the changes next month.

Council members approved entering into a Memorandum of Understanding between the police department and Berrien County regarding the conditions and responsibilities of the 911 Computer Aided Dispatch System.

Walder said that council members had received a couple drafts of emergency response plans, adding that he'd asked staff to give them any issues that would require an emergency. He said the request was triggered by the water main break, and that he had never seen an emergency response plan. Council members will review the plans.

Council members approved of hiring two candidates for the Department of Public Works.

Council members approved employee manual changes and adjustments.

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Waste water injection plans given thumbs down

BY STAN MADDUX

A proposal to dispose of industrial wastewater deep below the ground at Kingsbury Industrial Park has been shot down.

The La Porte County Board of Zoning Appeals on Tuesday unanimously denied a request for a special exception to the current zoning by a company that wanted to inject up to a half million gallons of industrial waste fluid per day.

The plans called for the liquid to be deposited at least 2,000 feet below the surface, but concerns were expressed over things like the safety of such waste disposal methods.

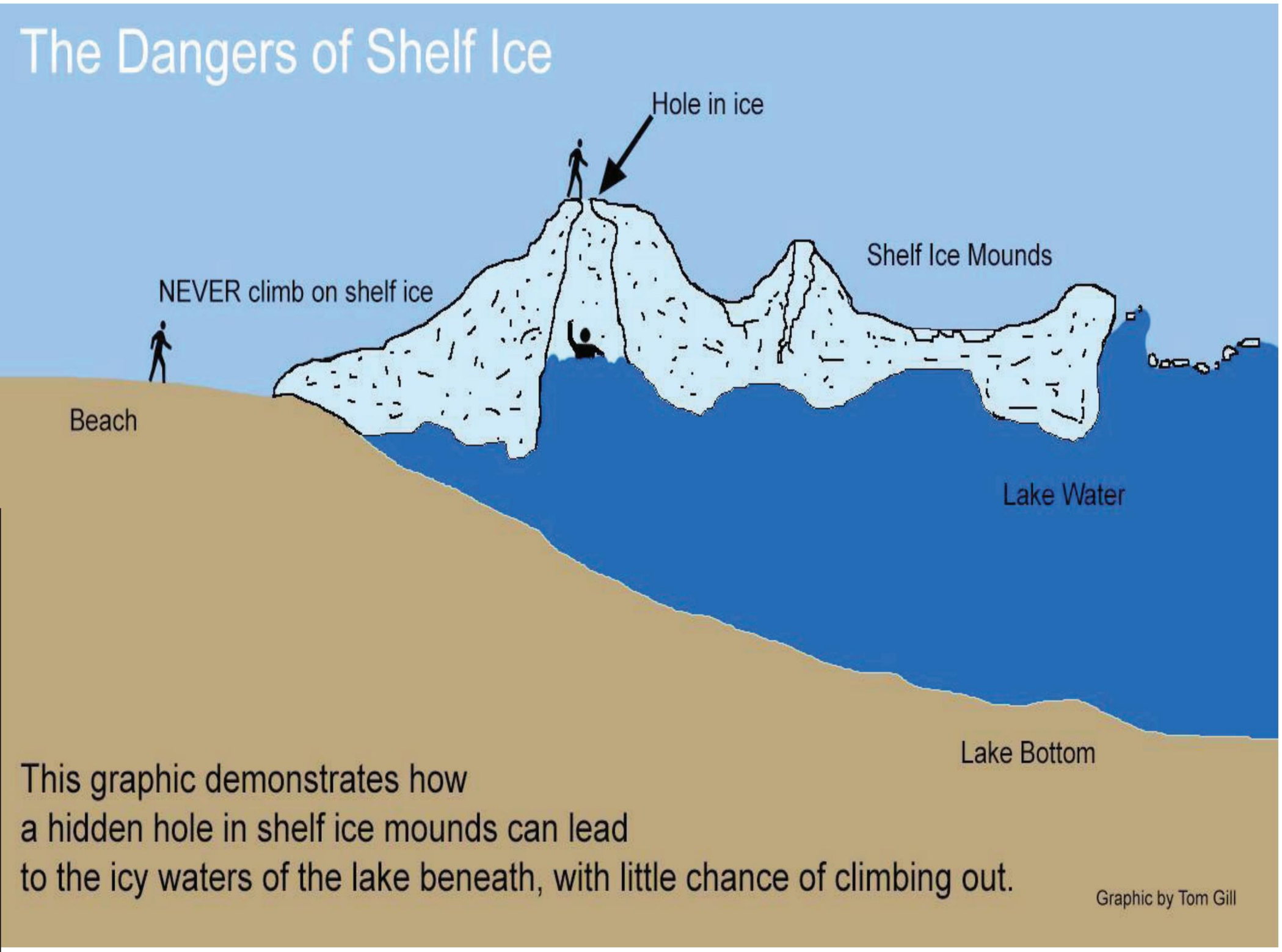
La Porte County Commissioner Joe Haney supported the BZA's decision.

"It's like a liquid landfill underground. I don't think that benefits La Porte County nor is it the highest and best use for the property," he said.

The request was made by Milestone Environmental Services, an industrial waste handling and disposal firm, which planned to inject what it described as non-hazardous liquids such as oily waters, light metal bearing fluids and water-based paints.

Michael Lamb, vice-president of the Texas-based firm, said the wastewater would have been delivered on trucks from within a 50-mile radius that includes Chicago and southwest Michigan.

Lamb said injecting wastewater into the ground for disposal is not a new practice and proven safe with bedrock deep into the earth's surface guarding against any upward movement of the liquid into ground water.


The Dangers of Shelf Ice
Hole in ice
Shelf Ice Mounds
NEVER climb on shelf ice
Beach
Lake Water
Lake Bottom
This graphic demonstrates how
a hidden hole in shelf ice mounds can lead
to the icy waters of the lake beneath, with little chance of climbing out.
Graphic by Tom Gill

HIKERS TO EXPLORE HARBERT ROAD PRESERVE

Hikers will explore the natural areas of Harbert Road Preserve at 1 p.m. Saturday, Feb. 7.

While on the hike led by Pat Fisher, president of Harbor Country Hikers, hikers will hear some interesting tales about "Song Dogs", a name given to Coyotes by Native Americans and wildlife enthusiasts.

This out-of-the-way 90-acre preserve has inviting wetland, prairie and woodland trails. There's also a shaded picnic area, shelter, and scenic benches. Hikers will find nesting habitats for birds of all types.

Some of the trails are seasonally wet.

HCH has an All-Terrain Rollator which may be reserved for use on our hikes. Reservations are made on a first-come first-served basis by filling out the brief form at www.harborcountryhikers.org/rollator.

For more information, including driving directions, visit the Hikers' website, www.harborcountryhikers.org, or its Facebook page. — STAFF REPORTS

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New Buffalo tops River Valley in final regular season match-up

BY STAN MADDUX

The New Buffalo High School boys' basketball team cruised to victory in what was the last regular season match-up with archrival River Valley High School in any sport.

The Bison defeated the Mustangs 65-20 at home on Saturday, Jan. 24.

All of the sports teams from both schools, except for boys' basketball, have already merged to form the Red Arrow Raiders due to gradual but longstanding enrollment declines.

The boys' basketball programs from both schools will be combined after the current season.

"I think it's sad. I, obviously, wish we were not in this position," said New Buffalo Head Coach Nate Tripp.

Tripp has guided the team to multiple district titles and an appearance in the regional finals since taking over as head coach in 2018.

No decision has been made yet on who will be the head coach of the Raiders in boys' basketball next season.

"That may not be me. I haven't even thought about it. I'm still focused on this season," he said.

The Bison (7-6) jumped out to a 6-0 lead on buckets from seniors Nick Haskins, Trevor James and Lucas Forker.

The Mustangs (1-11) quickly narrowed the lead to one point on buckets from sophomore Bowie Strieter, who scored all but three of River Valley's 14 first half points.

The offense for the Bison seemed to really take off after Haskins converted a long pass from senior Sam Tripp into a driving lay-up.

Three-point buckets from Haskins and James gave the Bison a 14-point lead just before the end of the first quarter.

Haskins and Tripp driving in for lay-ups early in the second quarter seemed to ignite another scoring spurt for the Bison, who went into halftime with a 30-point lead.

Forker led the Bison with 16 points followed by Tripp with 15 points.

James and Haskins finished with 11 points apiece.

The Bison defeated the Mustangs at River Valley on Dec. 5 by exactly the same score.

It was the third consecutive win for the Bison, who previously defeated Countryside Academy and Eau Claire by more than 30 points following a tough start to a season that began with high expectations after making it to district finals last year.

"I definitely think we're where we need to be at this point with still room to improve, but we're definitely heading in the right direction," he said.

Tripp said chances are the merger will result in higher quality players on teams that will have to move up a division and face better competition because of their combined enrollments.

"It's definitely a give and take," he said.

From the Bleachers

COLUMN BY KURT MARGGRAF IN CHICAGO

With our country seemingly on the brink of a civil war, and the weather making some of us wonder if Armageddon is upon us, sports and entertainment become even more important.

We need diversions or even the little things seem impossible. Watching a good movie, listening to some music you love, or following the wide world of sports can help you put things in perspective.

In 1992, WSCR began broadcasting and for me, radio was never the same. I was in sales then, and I spent a lot of time in my car. To have a station dedicated to sports was awesome.

Eventually, a second sports station came along, but by then I was hooked. One of the original on air personalities, Terry Boers, passed away this week. Terry was kind of a curmudgeon, but he was knowledgeable and funny. He and his partner at the time, Dan Bernstein had a weekly segment called Who Ya Crapping that was appointment listening.

R.I.P. Terry.

The Chicago Stadium welcomed back a prodigal son.

Jonathan Toews now plays for the Winnipeg Jets, near his hometown, but around here he will always be a Blackhawk. Toews is a hockey legend in Chicago.

Patrick Kane and Toews led the Blackhawks to three Stanley Cup championships. He was the captain, the teams leader, with a tremendous will to win. Chicago loved him. Unfortunately, he contacted a mysterious illness that left him unable to play for a few seasons, so the Blackhawks moved on to a youth movement.

When Toews took the ice at the Chicago Stadium for the first time in years, the crowd gave him a standing ovation. As Toews circled the ice to acknowledge the fans, they wouldn't stop cheering for him. About three and a half minutes later the crowd finally let the game begin.

The fans love of what Toews meant to the city of Chicago was matched only by Toews love of what the city meant to him. It was a beautiful moment and a well deserved tribute to one of the finest players, and finest gentlemen, to represent Chicago. Thanks Jonathan. We wish you well.

Finally, there was a national championship college football game played last week in Miami.

Miami lost to Indiana and their terrific quarterback Fernando Mendoza by a final score of 27-21. Indiana had been a mediocre team for as long as I can remember, but won their first national championship this year.

Their coach, Curt Cignetti, brought together a great group of players, and led by quarterback Fernando Mendoza, they beat everyone they played to finish with a 16-0 record.

Mendoza's mom was his inspiration and even though she has suffered with Multiple Sclerosis since 2014, she and her husband have raised a special player, and a fine young man. It's hard for me to imagine, but three sports stories about three fine men, was a welcome diversion from the craziness going on in the world. Keep the faith.

Roy T. Bennett said, "Life becomes easier and more beautiful when we can see the good in other people."

Be kind. Talk to you next week. Peace, love, and happiness.

I do think I'm the best lightweight in the world.
— Justin Gaethje

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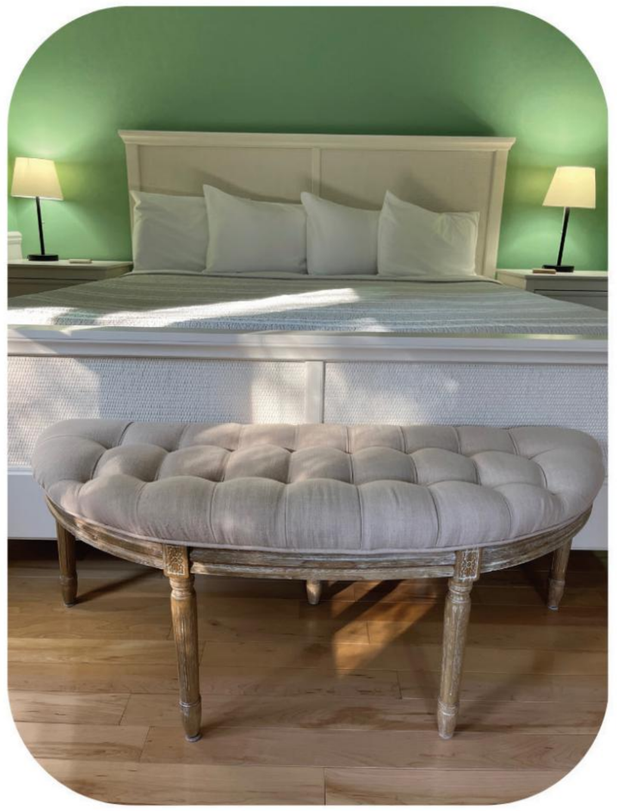

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New Buffalo celebrates Winterfest 2026

BY FRANCESCA SAGALA

The sights and sounds of being a Bison were celebrated during the "countries"-themed Winterfest week, which took place Monday through Saturday, Jan. 18-24.

Students spent the week participating in competitive games and dressing up for Spirit Week-themed days, with the junior class being named the overall Winterfest winners. The week's activities culminated at the boys' varsity basketball game against River Valley Saturday, Jan. 24 (which was rescheduled from Friday due to the winter storm), during which Winterfest King and Queen Lucas Forker and Bianca Illescas-Villa were crowned.

Junior class presidents Harper Bowman and August Johnson hold the spirit jug at Saturday's game

Jonny Reinhardt, radio program instructor, emcees the pep rally,

Students play competitive games at the pep rally

Juniors celebrate their win at Sunday's volleyball game

Seniors shout out their graduation year during Thursday's pep rally

Student representatives pose during the pep rally

Band members march through the hallways ahead of the pep rally

Winterfest King and Queen Lucas Forker and Bianca Illescas-Villa (photo by Stan Maddux)

Students engage in a hula hoop competition during Thursday's pep rally

Members of the Winterfest Court pose during the pep rally

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Miss Bridgman First Runner-up Elle Barnes

2026 Miss Spirit, Mya Miller

Miss Three Oaks and River Valley First Runner-up Addyson Frazier graces the stage

Miss Three Oaks and River Valley Johnna Rochefort introduces herself

Tim Taylor poses a question to Miss Bridgman First Runner-up Elle Barnes

Miss St. Joseph First Runner-up Mya Miller crowned Miss Spirit

BY FRANCESCA SAGALA

The 2026 Miss Spirit of Blossomtime was crowned on her home turf Saturday, Jan. 24.

First Runner-up to Miss St. Joseph 2026 Mya Miller was crowned by 2025 Miss Spirit Avery Valenti during the London, England-themed pageant at the St. Joseph High School Auditorium.

The daughter of Samantha and Matt Miller, Mya is a senior at St Joseph High School. There, she's an honor roll student, a DECA state qualifier, a 12-year first tee participant and has had three First Tee national opportunities. She also participates in varsity golf, where she is team captain.

Mya will be attending Lake Michigan College to complete her general education credits, with the goal of transferring to the University of Tennessee to major in social work to hopefully one day become an elementary school counselor.

When asked by emcee Tim Taylor how she defines success within the process of running for Miss Spirit, Mya said that it's "representing my community well."

"Whether I go home with the crown or not, I'm proud of all my hard work I put in today and it's been so much fun getting to know all these girls," she said.

Mya will receive a $1400 scholarship award and various gifts and prizes for being crowned Miss Spirit 2026.

First runner-up to Miss Bridgman Elle Barnes was awarded a $200 scholarship for making the Top Five.

Other first runners-up who made the Top Five were Sydney Denison of Buchanan, Ava Boehm of Stevensville, Mya and Kassandra Riggs of Watervliet.

There were 18 contestants who competed for the title of Miss Spirit. The People's Choice award voted on by the pageant attendees was won by Alivia Capovilla, first runner-up to Bangor/Lawrence.

This marked the 13th annual Miss Spirit competition, which is held once all the communities have held their contests. It is open to all first runners ups and offers one more young woman the opportunity to enjoy the many events and activities her sister queens will participate in. Miss Spirit will go on to compete in the Showcase of Queens awards at the Mr. Blossomtime and Showcase of Queens Pageant and is eligible for all awards and all placements awarded at the Miss Blossomtime Pageant.

Mr. Blossomtime and the Showcase of Queens will be held at 6:30 p.m. Sunday, April 12, at LMC Mendel Center. Miss Blossomtime will be held at 7 p.m. Monday, April 13, at LMC Mendel Center. Premier seating for each night is $45. General admission seating for each night is $40 and will be available March 17 by calling or e-mailing the Blossomtime Festival Office at 269-861-0998 or office@blossomtimefestival.org.

Miss St. Joseph First Runner-up Mya Miller is crowned Miss Spirit

Miss Spirit 2025 Avery Valenti (center) looks back on her reign with the Blossomtime Court

2025 Miss Spirit Avery Valenti (right) leads the opening number

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Dunes Arts Summer Theatre announces auditions for 2026 season

Dunes Arts Summer Theatre, northwest Indiana's oldest continually producing professional summer theatre, has announced open auditions for its 2026 season.

Preliminary in-person auditions will take place in the following locations:

- MICHIGAN CITY, INDIANA
  The Holdcraft Performing Arts Center, 1200 Spring St.
  Saturday, Feb. 14 and Sunday, Feb. 15
  Noon to 5 p.m. CST
- CHICAGO
  City Lit Theatre, 1020 West Bryn Mawr Ave.
  Saturday, Feb. 7 and Sunday, Feb. 8
  10 a.m. to 5 p.m. CST

Auditioners should prepare the following: two contrasting monologues, no longer than three minutes in total and two contrasting musical selections no longer than 32 bars each (for musical actors only; accompanist to be provided).

Please visit www.dunesarts.org/auditions to submit a resume, headshot and secure an audition time for either location. Actors unable to attend in-person auditions can also submit taped auditions through the link as well by Wednesday, Feb. 25.

Non-Equity actors of all ethnic backgrounds, gender identifications and body types are strongly encouraged to audition. DST actors receive $100 per rehearsal week and $50 per performance; living accommodations are available.

For more information or to purchase tickets, visit www.dunesarts.org or call 219-879-7509. Follow along on social media @dunesartsfoundation. — STAFF REPORTS

Kurt Raducha, president of the New Buffalo Teacher Association and Dawn Matthys, also of the Teacher's Association, recently presented PostBoy a thank-you card and poinsettias. The New Buffalo restaurant hosted a Teacher's Give Back Night, during which teachers and their families ate there for free, as well as a First Responders Giveback Night, in December.

A Writer's Life...

DURING THE GOLDEN AGE OF TELEVISION ANIMATION

BY JACK OLESKER

Meet the Popples, Greet the Popples!

As Bobby and I got to know the Popples, it became apparent the leaping, lurching and racing-around-the-house-and-popping-off-walls-and-ceilings Popples' goal was to trash Billy and Bonnie's home so the brother and sister were forced to work at a frenzied 24/7 pace to put everything back in order and keep the Popples' existence a secret. For some reason, the Popples found making Billy and Bonnie scramble to get their house back in order just hilarious, hysterically laughing, rolling on the floor and bouncing off anything not nailed down when they saw what transpired.

To aid the critters in their fun-filled goal, in rapid-fire scenes in each episode the Popples pulled a variety of impossibly-too-large-to-fit-in-their-pouches-objects from their pouches, said objects coming from whimsical and inexplicable 'hammer space'.

Our colorful and eternally-in-motion fuzzy antagonists include blue-colored Pretty Cool Popple, leader of the Popples; Pink Party Popple – guess what she likes to do at all hours of the day and night; magenta Pancake Popple, a sweet, upbeat member of the clan; orange Puzzle Popple, the comedian/philosopher of the group; hot pink Prize Popple whose favorite character is herself; ventriloquist Puffball Popple (yeah, that's what the kids need – a ventriloquist in their house); tiny green Putter Popple who's always inventing inventions that don't work; yellow Potato Chip Popple whose favorite snack is...yep;and small, shy, always rhyming purple Pretty Bit.

As if this isn't enough, when neighbors moved in, the Billy and Bonnie discovered their neighbor's kids have concealed Popples of their own! (And here I thought M.A.S.K. was filled with non-stop action and adventure!)

As Popplemania continued in the Writers' Wing, Bobby and I worked to keep harnesses on these frenetic but awfully cute beasts. But the more we story-edited and wrote our own Popples scripts, the more we not only learned to live with the exhaustion of the Popples' frenzied perpetually-in-motion-antics, the more we actually came to look forward to them!

Script deliveries were moving almost as fast as the Popples themselves. From what I picked up around the Writers' Wing and from Stoke, Popples was leading the way in script deliveries, and that was with every other DIC series already on time or ahead of schedule. To celebrate, Lori announced she was taking the whole Writers' Wing to lunch at El Torito – a renowned Mexican eatery.

Lunchtime at El Torito's was happily chaotic. The restaurant was upbeat, charming, had a great atmosphere, blaring música de fiesta, amazing food and, importantly, the best margaritas in L.A. This final point was underscored by pitcher after pitcher of iced margs set in front of our party at a long table. And so, we drank up...

We staggered back to the studio by mid-afternoon. I don't think any of us could remember what we ordered for lunch, aside from more pitchers of margs. What I did recall was a lot of laughter and our raucous off-key singing.

Our vision blurred, the writers made their way to their offices and lowered their heads to their desks for long naps. I remember later looking up to see Lori peeking in from our corridor. Across from my desk, Bobby's head was still down, deep asleep. Lori looked at me and said, "Go back to sleep." But as she turned to leave, I'm pretty sure I saw a smile of amusement play on her lips as she softly added, "Lightweights..."

HOROSCOPE

JANUARY 29-FEBRUARY 4, 2026

AS INTERPRETED BY SANDY "STAR" BENDT

ARIES MARCH 21—APRIL 19

The stars are radiating on the truth of the situation this week. Watch and listen and you will become aware of what they want you to know. If something has become unclear or questionable this is the time when it will become very obvious of what is beneficial and what is harmful.

TAURUS APRIL 20—MAY 20

This week it is important to stand your ground or make moves that benefit you but don't ignore facts or be afraid to reconfigure some things. It is best to keep your thoughts to yourself and to not share your interpretation until everyone else has spoken or contributed. Make moves but don't advertise your reasons.

GEMINI MAY 21—JUNE 21

This week the energy radiating from the stars is pushing you to balance what you want to happen and what is the right thing to happen. You will be shown something that will make you adjust what you are wanting and may be actively doing, because of how it is ultimately effecting the outside world.

CANCER JUNE 22—JULY 22

This is the time to get finances and debts in order. Reach out to lenders and you will easily reconfigure debt now. Be bold about making your money work for you and go after the arrangements that will work for you. Don't shy away from what needs to be addressed or haggled over. Now is the time to strike the deal.

LEO JULY 23—AUGUST 22

Embrace a more lighthearted vibe with yourself and partners this week. The energy coming in now carries an element of having to let your guard down and opening the closet to the skeletons that are ready to talk. Clear the air and let go of the past and the things that have created blockages to relationships.

VIRGO AUGUST 23—SEPTEMBER 22

There is a very healing energy coming your way this week and whether you use it to be of service to others or make things nice for yourself, don't skimp or go cheap. The work you put in now will be very effective and long lasting. The techniques may be a little unconventional but the result will speak for itself.

LIBRA SEPTEMBER 23—OCTOBER 22

The energy radiating towards you from the stars will help you uncover the things that are blocking your creativity or expressing yourself fully. This is the time pay attention and look for the signs to act or to convey your feelings. If you have been waiting for your call to action, it will be loud and clear this week.

SCORPIO OCTOBER 23—NOVEMBER 21

You may have been avoiding what you truly want and need for a long time but this week the stars are going to give you a little push to help motivate you to action. This is the time to create balance between your mental and emotional bodies. Don't ignore the things you are unhappy about, make changes.

SAGITTARIUS NOVEMBER 22—DECEMBER 21

This is the time to talk things out with people. There could be some dramatics displayed or heavy situations to process but the energy available now, is in line with harmonizing and creating balance. Therefore the forces are leaning towards a cooperation of spirit and synchronizing motives and efforts.

CAPRICORN DECEMBER 22—JANUARY 19

The energy this week is all about harmonizing with partners and discovering yourself and them more, through one on one interactions. Pay attention to the things that are actually said and what actually happened. Be factual but don't ignore your feelings. If something feels off, it is. Review the footage.

AQUARIUS JANUARY 20—FEBRUARY 18

There is a lot of energy coming your way this week making it your time to shine. Use this energy to it's fullest potential by shining a loving light on your shadow side or the things you have been hiding from others. Be yourself to the fullest regardless of what partners or family members think.

PISCES FEBRUARY 19—MARCH 20

Quiet time and the space to get in touch with your inner self may be necessary this week, as there may be some conflicitve energy or opposing viewpoints to deal with. It is better to keep your interactions short and sweet. Perhaps, staying home and making a home cooked meal is the best course of action?

To know oneself is to study oneself in action with another person. — *Bruce Lee*

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Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

1			3			8		2
							1	
4	3					6	7	
7			1		2			
9		2		7	4			
	8				3			
				9	7	3		
6		8						
	9	4			1			

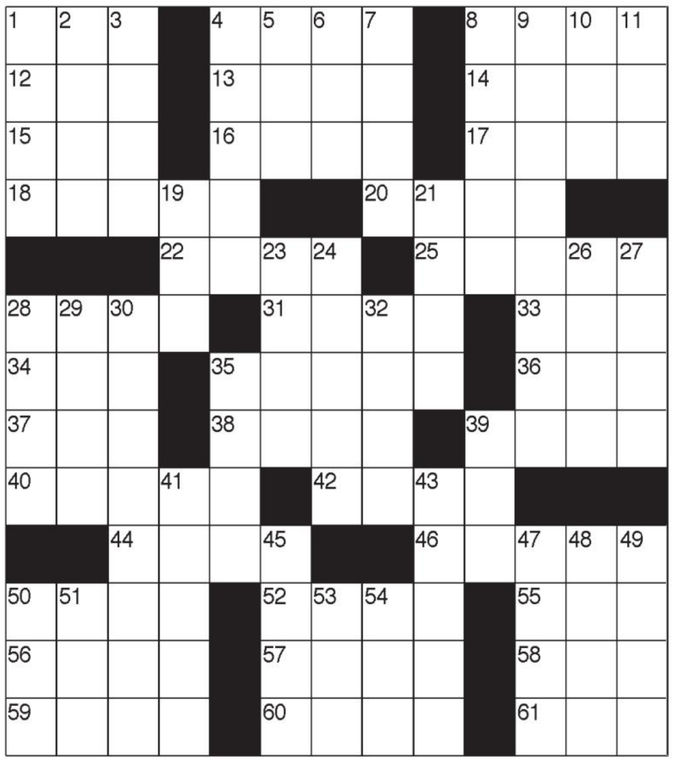
CROSSWORD PUZZLE

ACROSS

1 Sliding piece
4 Sodium chloride
8 Polynesian spirit
12 Father: Arabic
13 Son of Samuel
14 John, Russian
15 "Blue Eagle"
16 Alternating current/direct current (abbr.)
17 Per. priestly caste
18 Of a city
20 Old-fashioned oath
22 Spore (pref.)
25 Hindu prayer position
28 Ketone (pref.)
31 Naked (pref.)
33 Foremost part
34 Exclamation
35 Coarse cotton fabric
36 Atl. Coast Conference (abbr.)
37 Stitchbird
38 Anti-satellite (abbr.)
39 Tamarisk salt tree
40 Aquarium fish
42 Remaining
44 Disposition
46 Door (Lat.)
50 Black (Fr.)
52 Unit of force
55 Amer. Dental Assn. (abbr.)
56 Sicilian volcano
57 Time period
58 Alligator fish
59 Brother of Cain
60 Enclosure
61 Beer

DOWN

1 Cancelled (abbr.)
2 Hillside shelter
3 Geological epoch
4 Nat'l Assn. for the Advancement of Colored People (abbr.)
5 Television channel
6 Sp. hero
7 Flavor
8 Moon of Saturn
9 Weaverbird
10 Horse
11 Black bird
19 Same (pref.)
21 Lope
23 Weight
24 Rustic
26 Salt
27 Action (suf.)
28 Cabbage
29 Repeat
30 Vitamin B1
32 Tropical fruit
35 Hamite people of Eth.
39 Luzon people
41 Marine zoophyte
43 Demon
45 June 6, 1944
47 Female camel
48 Hereditary property
49 Berne's river
50 Nat'l Endowment for the Arts (abbr.)
51 Off-track betting (abbr.)
53 Positive vote
54 Correlative



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To Your Health

COLUMN BY KAREN EDWARDS ND

KITCHEN MEDICINE

The foundation of kitchen remedies has long been forgotten. Throughout history, Mothers, Grandmothers and Midwives have been the source of healing in a household. They would make up potent healing remedies from herbs,spices & food from the kitchen and garden.

Every cough, pain and fever does not mean you have to run to the emergency room. Try some of your own remedies from ingredients you may already have in your kitchen. It is to your advantage to learn how and why to make healing teas, poultices, compresses, syrups, etc. So many books available. Also detailed information here https://www.facebook.com/karen.hardin.edwards

In these unsettling times, wouldn't you like to know what to do if you could not get immediate medical care (or don't really need it) and had to deal with common ailments for yourself or a loved one? Here are just a few simple naturaloptions.

INDIGESTION & DIGESTIVE STRESS: Ginger, grate a spoonful or so into a mug. Pour hot water over and cover 5 minutes or so. Drink. Apple Cider Vinegar or Baking Soda balances your stomach pH and neutralizes acid. Chewing Fennel Seeds or making a tea out of them can help with bloating and gas. Peppermint or chamomile teasoothes the stomach. Raw Honey and Lemon juice in a cup of warm water.

HEADACHE Peppermint oil applied to temples. You may be dehydrated. Drink water.

COLDS, COUGH, Honey in warm water. Sea Salt water gargle. Garlic. Peppermint.

DIARRHEA/CONSTIPATION Probiotic food like sauerkraut and kimchi. Bananas, warm broth, fruits and vegetables for the fiber content. Rice and Apples.

ITCHY DRY SKIN, RASHES Oatmeal bath, oatmeal compress. Aloe vera leaf applied to area. Turmeric, nutmeg and fenugreek can remove itchiness, inflammation and restore color to dull dry skin. Make a mask, or drink them in teas faithfully. Hydrate.

INSOMNIA/ANXIETY chamomile, lavender or lemon balm tea. Turmeric and ginger reduce stress hormones. Cardamom promotes relaxion and improves focus. Nutmeg aids in sleep and calms the nervous system. Small amount. Dark Chocolate can aid in calm and stress relief. Handful of Nuts and seeds that are high in magnesium and helps relax the nerves to help sleep.

ARTHRITIS PAIN AND STIFFNESS Ginger tea. Pineapple is high in Bromelain, an enzyme that breaks down protein easing inflammation, pain and stiffness. Omega 3 fatty acids. Grind some flax seed or chia seedsand put into your oats, on your salad or better yet into a smoothie. Add the pineapple and make an anti-inflammatory drink. Turmeric is anti-arthritic. Make a tea or sprinkle in foods. Rid all processed foods that cause arthritis and inflammation. Cayenne reduces heat, pain and inflammation. You can make a salve by adding some cayenne to coconut oil and rub into areas. Do not get into your eyes.

Use your own judgment on what you feel is an emergency, or just inconvenient symptoms that are not life threatening. As always, know what works for you and do your own research. None of my teachings are meant to replace medical help, diagnose, treat, prevent or cure.

Disclaimer: Everything here is for nutritional education and is not meant to diagnose, treat prevent or cure. See your doctor when you have questions.

PET OF THE WEEK

CHOPPO

If you love a good German Shepherd, Choppo is your boy. He is just over six years old, 100 pounds, neutered with his vaccinations up-to-date. He may do well with cats, is dog selective, and prefers teenagers and older. Choppo knows how to sit, wait, lay down, come and shake paws. He also is intentionally gentle when taking treats. His leash-walking skills are pretty great, too. Choppo also believes he is a lap dog, so there's that. Make Choppo at of your home today.

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A view of the mobile health clinic on U.S. Highway 12

Rachel Schiman, Nadzieja Pocheki and Nate McKeever are ready to serve patients inside the mobile health clinic in Three Oaks

Three Oaks welcomes twice-a-month mobile health clinic

BY FRANCESCA SAGALA

As a "fully functional doctor's office on wheels," Nadzieja Pocheki said that she hopes Cass Family Clinic's mobile health clinics will help more people receive much-needed health care.

"We bring the bus out, which obviously breaks down some of the barriers of being able to get to an office or a lot of people who have the fear of going into an office – this is nothing like walking into a doctor's office," Pocheki, who's a registered nurse practitioner and the director of the mobile clinic, said.

Since November, the mobile clinic has been parked at 6810 U.S. Highway 12, in front of Three Oaks Township Hall, from 8:30 a.m. to 4 p.m. on the first and third Wednesday of the month.

Nate McKeever, coordinator of operations and interim community health worker, assesses people for whether they have health insurance.

"If they don't, he can qualify them for our sliding fee scale, which goes all way down to $30 - that would be $30 to come here for medical care, $30 to see Rachel for therapy, $30 to go to our dental office and then that would also put them into a discount for our pharmacy as well," Pocheki said.

The pharmacy is a 340B pharmacy, which means the prices are negotiated through the federal government, which makes them "significantly lower than most other pharmacies."

McKeever also has training to help sign up people for Medicaid, help them with issues such as homelessness and food assistance and sign them up for Medic Alert bracelets or Medical Assist buttons.

"We also talk about home safety and if you're safe in your home and domestic violence and possibly how to get them assistance with that - we try to get them comfortable to come forward with talking about that," McKeever said.

The mobile clinic also has Elizabeth Heim, who's a medical assistant, onboard.

People who come in with a lab slip can have any of their labs drawn at the fully functional lab. Also done are point of care labs for flu, Covid, RSV, urine and urine pregnancy.

Currently, the mobile units are only doing flu shots; however, said they're working with the health department to be able to do the "full gamut" of vaccines, including ones for children.

The mobile clinic offers all aspects of primary healthcare. Also offered are wellness exams, the Medicare annual exam and sports physicals. For someone who's sick and needs a physical, walk-in appointments are accepted.

Cass Family Clinic has locations in Cassopolis, Niles and Dowagiac, with Three Oaks being the furthest the mobile clinic travels from the brick-and-mortar ones.

In addition to Three Oaks, the mobile clinics also travel to Marcellus, Decatur and Niles twice a month. Once-a-month locations include Jones, Vandalia, Sister Lakes and Union. Currently, they're assessing if there's a need for one in Buchanan and possibly Galien.

Rachel Schiman, who's a licensed master social worker, does counseling for substance abuse, screenings for attention deficit disorder, depression and anxiety and bipolar disorder and ADHD assessments. She also does cognitive behavioral therapy and some acceptance and commitment therapy, as well as narrative therapy.

"We can also do recurring appointments - so with us being in places twice month, that gives me the ability to maintain a schedule with someone and have full therapy sessions, so we can create recurring appointments for them to come back and continue their care with us as well," Schiman said.

In addition to receiving lots of support from the township and The Rotary Club of Harbor Country, Pocheki said they've also had a "phenomenal" community response.

"A lot of people will just stop by to see what we're about and what we offer, so we're gaining trust and momentum" she said.

For more information, visit www.cassfamilyclinic.org.

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